

TMI *focus*

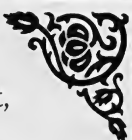
Vol. XVII, No. 3

A Newsletter Of The Monroe Institute

Summer 1995

There is no beginning, there is no end,
There is only change.
There is no teacher, there is no student,
There is only remembering.
There is no good, there is no evil,
There is only expression.
There is no union, there is no sharing,
There is only one.
There is no joy, there is no sadness,
There is only love.
There is no greater, there is no lesser,
There is only balance.
There is no stasis, there is no entropy,
There is only motion.
There is no wakefulness, there is no sleep,
There is only being.
There is no limit, there is no chance,
There is only a plan.

From *ULTIMATE JOURNEY*
ROTE transferred near the Emitter



and to an infection at the site of a catheter for administering medication. His mother, Leah, and other family members kept a vigil at his bedside.

Through Nicky's Aunt Rachael, Leah had expressed a desire for DEC support. Margaret

reported that one of the *Sandman Suites* tapes was Nicky's mainstay. When his constant struggle to draw a complete breath reached crisis stage, listening to that tape helped him to relax and make the most of his remaining

lung capacity.

Within three days of DEC intervention, the youngster experienced increased vitality. He was able to go out of his room in a wheelchair and his appetite improved. Shortly thereafter, Nicky successfully underwent surgery with local anesthesia to remove the infected catheter. In the December mailing, the entire DEC membership was mobilized. It was a real pleasure to talk with Margaret in the middle of January and learn that Nicky was now at home and felt like building models—one of his favorite hobbies. His health was still fragile and intensive antibiotic therapy continued.

On April 1, with DEC still in

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GOING HOME IN A WORKSHOP SETTING

by Bill Roberts

Bill Roberts of Scottsdale, Arizona, has pursued a course of self-directed study in personal development and expanded awareness for over twenty years. Mr. Roberts is currently an international business and planning coordinator for a Fortune 100, high-tech manufacturing company. He has been closely involved with TMI since 1991 and has attended both the GATEWAY VOYAGE and LIFE SPAN 2000 programs, as well as participating in the INNER CIRCLE. Bill has conducted seminars using TMI's Hemi-Sync technology in five countries.



While making plans for a recent trip to Europe, I was asked by a couple of different groups to conduct workshops using Hemi-Sync tapes. This interest was generated primarily by the fact that, over the years, I have always taken a few tapes with me on group tours to foreign countries. During these tours, I am invariably asked to conduct a mini-workshop for the tour members. This is accomplished using two remote, battery-operated speakers

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APPLYING THE FREQUENCIES OF HEALING

In early December, we received an urgent telephone call from Dolphin Energy Club member Margaret McCarron. Seven-year-old



Nicholas, born with cystic fibrosis, had been admitted to the hospital in critical condition. This was due to the usual complications of the disease

A RESTORATIVE VISIT WITH THE RUSSELLS

by Raymond O. Waldkoetter, EdD

We've often remarked on the global nature of the TMI community. Ray Waldkoetter shares a vignette from his visit with two



British family members who now reside in Scotland.

Prior to a conference in Rotterdam, Holland, I contacted Jill and Ronald (Russ) Russell in their new Scottish location. With only a little notice they graciously invited me to stop on my way home to experience their new "Monroe Europe" site and the hospitality at Greenhead House.

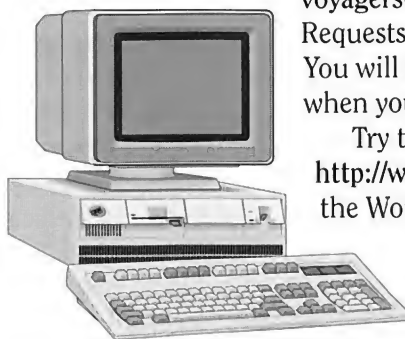
The Russells relocated from Cambridge, England, early in June 1994. New Galloway is situated in the smallest Royal Burgh in Scotland, with a population of less than a thousand. The village, founded in 1633, sits at the head of Loch Kess amid beautiful countryside—hills, forests, moorland pastures, and rivers. The sea is only about twenty miles away. As for the weather, "They've had plenty of sunshine so far and seen more rainbows since their arrival than they have in the rest of their lives!" Greenhead House dates from about 1760 and began life as a small farmhouse. It has grown through the years and is now quite handsome, with a lovely, well-stocked garden, a stream, and an eighteenth-century washhouse and piggery. Greenhead was once the dower house for nearby Kenmure Castle, now unhappily in ruins.

Since coming to their new home, Jill and Russ have had over thirty-five visitors, including at least

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CYBERSPACE VOYAGERS

The **VOYAGERS** Internet mailing list, an electronic lync, was established for those using Hemi-Sync to venture into the realms of their own consciousness. It's for all who want to continue learning by telling about their voyages, reading of others' experiences, and exchanging information about TMI programs and audio-guidance learning systems. voyagers@monroe-inst.com is the mailing list address. Send a request with "subscribe" as the Subject to:



voyagers-request@monroe-inst.com to subscribe. Requests are handled in person, so allow for a delay. You will get a welcome message with instructions when you have been added.

Try the Institute's www server at: <http://www.monroe-inst.com/> if you have access to the World Wide Web. [ftp.monroe-inst.com](ftp://ftp.monroe-inst.com) also allows you to download TMI files.

MonroeInst@aol.com is our official E-MAIL address. Of course, you may still call (804) 361-1600, the 24-

HOUR INFORMATION LINE, to hear prerecorded voice messages, or to receive information by FAX.

Other net sites addressing related topics are:

Altered States of Consciousness (ASC)

<http://www.utu.fi/~jounsmcd/asc/asc.html>

Spiritual Consciousness (Spirit-WWW)

<http://zeta.cs.adfa.oz.au/Spirit.html>

Anomalous Cognition

<http://macwww.psy.uva.nl/psychonomie/research/anomal.html>

The WWW Virtual Library: Spirituality & Consciousness

<http://zeta.cs.adfa.oz.au/Spirituality.html>



FREQUENCIES

Continued from page 1

progress, courageous Nicky made a profoundly peaceful transition. At the memorial service, Leah revealed that the name "Nicholas" means "a victory for the people." Certainly Nicholas, who wasted no time or energy on feeling sorry for himself and actively reached out instead for help and all that life had to offer, inspired us all.

People exploring with Hemi-Sync, on their own or in the ambience of the TMI residential programs, consistently find that an opening occurs. They become aware of their own creative potential and of realities beyond the ken of our five physical senses. With this awareness comes the realization that non-physical energy can help and heal and the

desire to extend it for those purposes. The Dolphin Energy Club is a natural avenue for following that impulse. One member said that DEC was the most important part of the Institute for her. If you choose to be involved, you will soon understand what she means.

Submit healing energy requests by contacting Shirley Bliley, DEC Service Coordinator, at The Monroe Institute, Rt.1, Box 45, Faber, VA 22938-9749, or telephone (804) 361-1252. A year's membership in the Dolphin Energy Club is \$35 for TMI members and \$50 for non-members. It includes a special Hemi-Sync audiotape with frequency patterns based on brainmap analyses of talented healers.



RETRIEVING RORY'S GRANDMOTHER

by Bruce Moen

During each of the three LIFE-LINE programs Bruce Moen has attended, he says "Progressively better, new ways of approaching different retrieval situations" have been presented to him. In the story you're about to read, Bruce found Rory's grandmother and then watched as those best suited to the task carried out the retrieval. By being willing to trust guidance and observe, he received verifying information for Rory. He's learned that assistance is always waiting in the wings.



The Monroe Institute's LIFE-LINE program gave me the training, experience, and confidence to explore beyond my existence in the physical world. Through the LOVE, understanding, and teaching of caring trainers, I learned to provide assistance "over there," to locate and assist people who no longer live in physical bodies. As a way of passing this idea along to you . . .

On occasion, I go to a Saturday morning Bible study at a church I used to attend in Golden, Colorado. Through the years this has become a group of friends who support each other and just happen to gather together for a Bible study at a church. This small, close-knit group has come to understand that I don't necessarily share all their Lutheran beliefs. So the discussions are often lively, fun, and interesting. After a particular Bible gathering last March, in which we'd talked about our images of what comes after this life, a friend named Rory approached me. Her grandmother had died a little over a year before and she asked if I'd check on her. A lit-

tle surprised that she felt okay about asking, I explained that I'd need her grandmother's name, and Rory wrote it down—Gertrude Euphemia Weatherwax. I still find that aspect of LIFE-LINE retrievals fascinating, that a person's name serves as an unerring address to find them.

For as many times as I have done retrievals, you'd think I'd be supremely confident. Well I'm not. After Rory gave me her grandmother's name I followed my usual pattern. I put it off and put it off, feeling anxious, with "maybe I won't be able to do it again" thoughts drifting in and out occasionally. So now it's Friday night, I'll be seeing Rory tomorrow, and it's time to try. I lay down, relaxed into a state called Focus 10, and checked in with Coach. He's a non-physical friend of mine—a part of me really—who helps and advises me in many ways. "Coach," I said, "I'd like to be sure that information comes to me that I can share with Rory, that will let her know that I found her grandmother and that she is alright." "OK, Bruce, I'll be glad to help," was his reply.

Then I brought Gertrude's name to mind and moments later I was moving through that familiar, 3D, grainy blackness at a leisurely pace, toward an old woman sitting on a chair. The chair she was sitting on felt like an old wooden chair, the kind you might find around an old kitchen table. Gertrude was small and frail looking, bent slightly forward at the waist. She seemed to be sitting in her kitchen in the only place familiar enough to feel safe to her. She looked to be in a very confused, distracted state of mind, as if she was not aware of anything in the surroundings beyond her wooden chair. It was like she had almost no contact with any form of reality we would recognize as coherent or sequenced in any way. Whatever was in her awareness seemed fragmented, to the point that she had long ago given up trying to make any sense of things happening around her.

Slowly I moved closer and

stopped about six or seven feet away. As I watched, waiting for Gertrude to notice me standing there, I was also waiting for something to occur to me which would "fit" with her—a way to approach her that she would be able to accept. Oftentimes, refraining from jumping into the middle of retrieving a person makes it much easier for both of us. Turning slightly, Gertrude looked over and saw me. A puzzled expression crossed her face. In the next instant I could feel my friend Teena approaching from behind and to my right. Teena passed swiftly between Gertrude and me and then stopped off to my left, standing near where Gertrude was sitting. I watched

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as two other women approached Gertrude from the same direction. They were both dressed up in their "little old lady bodies." The one nearest me I recognized as Teena's grandmother because we've worked together before.

I didn't have a clue who the other woman was until they both approached Gertrude where she sat on the chair. As they got closer Gertrude looked up and saw them. A look of recognition swept over her face and through her body. "Maggie, Maggie, what are you doing here?" Gertrude said as the two old ladies moved toward either side of the chair. Her open-mouthed gaze followed Maggie

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Summer 1995 3

GOING HOME

Continued from page 1

from Radio Shack® driven by a Sony® Sport Walkman®. This set-up has the power and frequency response to provide acceptable performance even in the most demanding conditions. On one tour, members clamored for a second session, even though darkened and secluded space was a premium commodity. We arranged over a dozen people on the empty floor of a small stateroom, during a cruise down the Nile River. This room, the only one available at the time, was very near

On one tour, members clamored for a second session, even though darkened and secluded space was a premium commodity.

the ship's engines, and the sound of the two large diesels was unavoidable. Still, every participant reported significant experiences during the session. However, not all circumstances are so challenging. As a matter of fact, during this same trip, we arranged forty-five minutes of uninterrupted time in the King's Chamber of the Great Pyramid. This same system memorably reproduced the unique sounds and experiences of *Free Flow 12*. This combination then, was the ideal answer to my need for a simple and lightweight sound reproduction system that could meet the requirements.

Prior to leaving, I contacted Darlene Miller to explore the possibilities of introducing the *GOING HOME* tapes to the participants. My suggestion was enthusiastically received and offered an opportunity to share the latest technology with both old and new friends. The people in England, especially, are hungry for quality information and training regarding

expanded states of consciousness. Fortunately, contacts both in England and Germany made life easy for me, since the workshops were to be held during a long-planned vacation to Europe and the Middle East. These contacts advertised the one-day workshop using the brochures I had provided. In addition, they arranged the location, handled the registration, and collected the fees. The charge was nominal, since my primary intention was to introduce the technology. In return, the organizers attended the workshop free of charge. Three workshops were held during the trip, two in England and one in Germany, with an average of twelve participants in each.

The plan was simple. Lay a solid foundation in Focus levels 10 and 12, then move on to 15 through 27 using *GOING HOME*. Intersperse the tape exercises with very brief lectures that employ both pre-drawn and spontaneous visual aids—primarily flip charts. Pepper the conversation with examples and anecdotes from Bob's talks and books. The results were remarkable. In each workshop, at least one individual reported going to the Park. Some recounted specific and detailed experiences with friends or family members who had died. In almost every case, participants reported some sort of altered-state experience. A total of six tapes was employed, including: *Intro Focus 10*, *Intro Focus 12*, *Problem Solving In 12*, *Edge of Here-Now*, and *Touring the Interstate*, in that order. For the inevitable participant who "never gets anything," I wrapped up with *Free Flow 12*. This proved successful in two out of the three workshops.

The feedback during and after the sessions has been extremely positive. I have received a number of letters from participants who have received "tremendous benefit" and experienced "significant personal transformation," particularly in the process of meditation. The group in England has already requested another workshop, although this is not logistically possible at less than six-month inter-

vals. As with any workshop there are always opportunities for improvement, and this trip was no exception. Next time I will use tapes with less instruction, especially in Germany. The German people prefer an explanation and then want to be free to experience the tapes without the embedded verbal instructions. For that reason, I start the subsequent tapes right in Focus 10 or 12, depending upon the participants, after a brief verbal reminder of the process.

It is important to note also that the *GOING HOME* tapes were designed for personal listening, as opposed to the other tapes mentioned

In almost every case, participants reported some sort of altered-state experience.

from the *OUTREACH* series, which are more appropriate for group listening. This important distinction is easily recognized in the volume levels required for *GOING HOME*. An unprepared facilitator can easily shock the participants during a *GOING HOME* selection if the volume is too high when Bob's verbal suggestions are reached. One final and important note. Europeans like long breaks, and the English, in particular, do not consider tea time an optional activity. For that reason, I began the morning with short "bio-breaks" and increased the length as the day progressed, until the final break—which lasted up to thirty minutes. It makes for a longer day, but the participants appreciate the pace and the material more fully. After all, when was the last time you were introduced to a technology that took you from Focus C1 to Focus 27 in one day?



TAKE A (GATEWAY) PAUSE THAT REFRESHES

by Bob McCulloch, MA

Bob McCulloch has been a Monroe Institute Trainer since 1989. He has a master's degree in transpersonal psychology.



The Monroe Institute is pleased to announce its newest program for GATEWAY VOYAGE graduates: the GATEWAY Refresher Weekend. GATEWAY Refresher Weekends will be held at various locations throughout the United States (and perhaps other locations as demand dictates) and will offer GATEWAY grads the opportunity to further explore Focus 15 and Focus 21. In addition to these levels, there will also be selected tapes from the Institute's graduate programs for you to experience.

This program is only available to GATEWAY VOYAGE graduates and will be facilitated by a TMI Trainer. Not only will you be able to reinforce your experience of Focus 15 and Focus 21 by listening to the tapes we will provide during these weekends, but you will also be able to meet other GATEWAY grads from your area. The programs will typically begin on a Friday evening and run through the weekend, ending on Sunday afternoon.

As coordinator of this exciting new endeavor, I would love to hear from any GATEWAY graduates interested in having the GATEWAY Refresher Weekend come to their area. Please contact me at the following address or phone number to let me know of your interest. Be sure to look for future announcements in the TMI FOCUS for dates and locations of scheduled GATEWAY Refresher Weekends.

I look forward to seeing you soon.
[Bob McCulloch, 1014 First Street,
Rehoboth Beach, DE 19971,
(302) 227-7878.]



RUSSELLS

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six from the United States and four who have taken courses at the Institute. Additionally, numerous friends have called on their way farther north (New Galloway's main roads are rather like scenic Virginia byways). Between visits, there are the garden and house to sort out and the adjustment to a different pace of life. Of living there they say, "Well, it's sometimes like a really good Focus 15 experience—the state of 'no time' for non-Monrovians. Our cat, Suki, feels the same way."

Being a bit out of the mainstream has not prevented the Russells from receiving several Monroe inquiries. Their plans are to begin short residential courses in 1995. Interesting prospects include a possible visit to Slovakia in spring to do workshops. Of course, they hope to be in Virginia

in July. It was a hard decision to forgo the 1994 Professional Seminar and miss seeing their friends and sharing the program energy.

Refreshed and invigorated by my short stay in the personal warmth and charm of Greenhead, I said reluctant goodbyes to go to the Glasgow airport on November 2. On departure, the Russells repeated their loving invitation to all, "Remember, this is open house and you are always welcome to visit. Our love to you and everyone and we hope to see you next year—either here or there."

[If you're traveling, get in touch with Jill and Russ if you expect to pass their way. The address is: Greenhead House, New Galloway, Castle Douglas, Kirkcudbrightshire, DG7 3RN, SCOTLAND. You may phone or FAX to: (44) 1644 420357.]



RETRIEVING

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around. Then the two went closer to help her up from her chair. It was like watching a scene in a nursing home as they slowly bent down, reached for Gertrude's arms, and gently lifted her up. Gertrude gazed at Maggie the entire time. Then, just as quickly as they appeared, the four of them began to move off—slowly at first, then accelerating rapidly to disappear into the blackness.

It felt like there was nothing more to hang around for; in fact I hadn't really done that much. So I opened my eyes and got off the bed. I walked to the refrigerator to scrounge something to eat, then sat down at the table to record as much as I could remember. The next morning I went to Saturday Bible study as usual. Afterward I told Rory I'd found her grandmother and that if she would like we could talk about it. We sat down and I told her the story in as much detail as possible. I was a little anxious and wanted to know if Rory could verify anything. She told me her grandmother was very confused and disconnected for the last six to eight months of her life. Every morning she had to be helped to the only place she seemed comfortable. This was a wooden chair in the kitchen of her own house. Although Gertrude's mother's name was Margaret, Rory thought it strange that her daughter would call her Maggie. After talking to her own mother, Rory later confirmed that everyone—including Gertrude—called Margaret "Maggie."

It was obvious that Rory was uncomfortable and concerned about what I'd told her. Her own beliefs hold that at death we are freed from all afflictions and whisked off to Heaven to reunite with loved ones. The idea of her grandmother remaining in that chair, confused, lost, and alone for over a year of our time, bothered Rory greatly. Probably that's one of the reasons I continue to do the retrieval work taught in LIFE-LINE. It bothers me too.



THE MONROE INSTITUTE PROGRAM SCHEDULE

All programs listed below will be held at The Nancy Penn Center in Faber, Virginia.

1995

EXPLORATION 27

August 26-September 1

GATEWAY VOYAGE

July 8-14

August 5-11

September 9-15

September 30-October 6

October 21-27

November 4-10

December 2-8

GUIDELINES II

(A Graduate Program)

August 12-18

October 28-November 3

HIGH ADVENTURE

October 7-13

LIFELINE

(A Graduate Program)

July 15-21

August 19-25

September 16-22

November 11-17

December 9-15

PROFESSIONAL SEMINAR

July 22-28

Editor: Shirley Bliley

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HEMI-LYNC Making Global Connections

Hemi-Lync is a print media network bulletin board—a communication device—for connecting you with people, events, and publications around the world that have something to share about Hemi-Sync.

It's your forum and we encourage you to use it. The items posted in this issue represent only a few of the Hemi-Lync possibilities.

To submit your Hemi-Lync item, write or call the TMI FOCUS, The Monroe Institute.



Appearances

Gari Carter, Institute advocate, continues her whirlwind of personal appearances. Each audience hears the story of her devastating, disfiguring car accident and how the *Surgical Support Series* was her mainstay during the ensuing reconstructive surgeries. March through May, Gari gave interviews on *Broadcast House Live* and National Public Radio. She also spoke at Patti Begg's Natural Health and Beauty Spa, did a guest spot on *Natural Living* (hosted by Gary Null), and was featured twice on Glen Brooks's *Your Personal Best*. With all this national exposure, surely someone out there will make Gari's tale of personal heroism into a major motion picture or a television miniseries.

Karen Malik, veteran TMI Trainer, presented a pre-conference workshop on June 23 as part of "INTEGRATING the SCIENCE and ART of ENERGY MEDICINE," the Fifth Annual Conference of ISSSEEM (International Society for the Study of Subtle Energies and Energy Medicine). In "The Monroe Process—Transpersonal Access," Karen facilitated personal exploration via the Hemi-Sync technology.

Books

The following titles are available from Interstate Industries, Inc.

Healing Myself, by Gari Carter (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)
Living Is Forever, by J. Edwin Carter (\$9.95, softcover, Hampton Roads Publishing Company, Inc.)
Mind Trek, by

Joseph McMoneagle (\$10.95, softcover, Hampton Roads Publishing Company, Inc.)

ULTIMATE JOURNEY, by Robert A. Monroe (\$22.00 retail; \$19.80 members, hardcover, Doubleday)

Using the Whole Brain, edited by Ronald Russell (\$14.95, softcover, Hampton Roads Publishing Company, Inc.)

Electronic Lyncs

Refer to *CYBERSPACE VOYAGERS* for a complete listing of TMI and TMI-related "net surfing" addresses.

Feedback

New Frontier magazine's November/December interview with Bob Monroe sparked lively, positive discussion in the "... letters" column of their January/February issue. One reader commented, "God and Monroe in one issue ... some accomplishment."

Journals

Radio & TV Interview Journal, June 1995, carried a half-page ad promoting Gari Carter's *Healing Myself* and—by direct association—Hemi-Sync. This issue went to regular subscribers and was distributed free at the American Booksellers' Convention.

Lyncing People

Here are names and phone numbers of readers willing to be contacts for regional get-togethers of Hemi-Sync users. We'll continue to add to the list as we hear from you.

CANADA

HALIFAX, NS

Tom Tasse
(902) 477-5790

TORONTO, ONT

Blair Swanson
(416) 469-3549

VANCOUVER, BC

Carol Biernat
(604) 261-2840

ENGLAND

CAMBRIDGE

Sue Pitman
Tel (223) 843164
Fax (223) 515091

HANTS

John and Alison Perrott
Tel/Fax (252) 626448

EUROPE

THIMISTER, BELGIUM

Patrick Bartholome
(32) (87) 44-70-70

SCOTLAND

FIFE

Robert and Penelope
Gibson
(337) 30767

NEW GALLOWAY

Jill and Ronald Russell
Tel/Fax (44) 1644 420357

U.S.A.

ARLINGTON, VA

Mark Gemmell
(703) 522-8663

BETHESDA, MD

Helene N. Guttman
(301) 656-8980

BUTTE, MT

Leo McCarthy
(406) 494-3567

CAMBRIA, CA

Lealand Beck
(805) 927-4621

DAVIDSON, NC

Norma Atherton
(704) 892-7000

ENGLEWOOD, CO

Daniel K. Meyer
Kimberly Miller
(303) 740-8053

FINESVILLE, NJ

Pete Ennes
(908) 995-9493

FREEPORT, ME

Joe Harrington
(207) 865-6286

HENDERSONVILLE, NC

Joe Gallenberger
(704) 693-4721

HORSHAM, PA

Chris Carey
(215) 653-0479

INDIANAPOLIS, IN

Shawn Casey
(317) 852-7727

LAMBERTVILLE, MI

Eileen Tucker
(313) 856-5251

MT. JULIET, TN

Art and Jan Flint
(615) 758-4072

NEW YORK, NY

Ross Jacobs
(212) 929-0661

AL SWADICHUTO

(212) 228-3298

PALMER, AK

Ross Perrine
(907) 746-6443

PETALUMA, CA

Hildegard Minstein
(707) 763-7537

PLAYA DEL REY, CA

Marge Decuire
(818) 704-7755 or -7557

PORTLAND, OR

Clayton Morgan
(503) 238-0137

BILL OAKES

(503) 288-5305 (w)

SILVER CITY, NM

Marion Light Ray
(505) 388-5782

TEMPE, AZ

Marcie A. Katler
(602) 968-3021

TOLEDO, OH

Eileen Tucker
(313) 856-5251

TULSA, OK

Bruce W. Freeman
(918) 445-0040

If you live within reach of any of these folks and would like to find other nearby people to "explore" with, get in touch. The trainers listed in the Hemi-Sync *OUTREACH* section also welcome your calls. Special thanks to all of you who are willing to be connecting links in the extended TMI family.

Magazines

ESTEEM, The Self-Esteem Review, Vol. 2, February 1995, made Gari Carter the subject of "Portraits in Self-Esteem."

VERTICES, Duke University of Science, Technology, and Medicine, Vol. 11, No. 2, Spring 1995, ran "Hemi-Sync and Altered Consciousness," by pre-med student and former TMI intern Stefan Kasian, as its special feature. Hemi-Sync was depicted as a "binaural beat technology that allows people to exert greater control over their minds" and thereby attain numerous benefits.

Newspapers

Leader Publications, Thursday, March 2, 1995. "She manages her pain with audiotapes" by Marilyn Mackey told how TMI's pain control audiotapes helped Gari Carter "use her mind to manage the intense pain she had to endure daily" on her "arduous route" to recovery.

CVILLE Weekly, Vol. 7, No. 11, March 21-27, 1995. "Monroe Institute founder dies" synopsis Bob Monroe's many accomplishments and noted the self-development resources available through The Monroe Institute.

St. Petersburg Times, February 5, 1995. In "Behind a Disfigured Face," Jeanne Malmgren—scarred herself by a knife accident—reviewed Lucy Grealy's "wise memoir" of a life shadowed by a similar childhood tragedy. She credited Gari Carter, subject of an earlier interview, for directing her attention to Grealy's *Autobiography of a Face*.

Reviews

NEXUS, February-March 1995. The "Reviews" section of this Australian magazine lavished praise on *ULTIMATE JOURNEY*. The reviewer stated, "There are concepts discussed and utilized for exploration which have no equal in our reality."

Noetic Sciences Review, Autumn 1995. Nola Lewis's concise, information-packed review of *Using the Whole Brain*, edited by Ronald Russell, billed Hemi-Sync as a humane technology "to work with our own minds."

The Therapist, Vol. 2, No. 4, Winter 1995. David F. Mayor's review of *Using the Whole Brain* described TMI's origins, explained the Hemi-Sync process, and neatly encapsulated the book's message. The British readership was furnished with the address of a tape distributor in the UK.



THANK YOU!

For your detailed, candid input on *DREAM DOLPHIN*.

QUARTERLY TAPE

A Celebration for Robert A. Monroe

On Friday, March 24, 1995, those gathered to bid au revoir to Robert Allan Monroe were keenly aware of the loving attention focused in this direction. For the many unable to be physically present, here is a tangible way to share the poignancy and promise of that day.

Allow the Hemi-Sync frequencies and the background tapestry of *METAMUSIC* to dissolve time/space barriers. You'll hear the personal reminiscences of Bob's family, the Reverend Shay St. John's heartfelt tribute, and Robert Monroe's last recorded words—a living epitaph. Remember . . .

HEMI-SYNC OUTREACH

The *OUTREACH* (formerly *GATEWAY OUTREACH*) program was created in 1985 to meet the many requests for Hemi-Sync training close to home. The first of the program's two primary components is the *EXCURSION* workshop. Developed out of the Institute's world-renowned *GATEWAY VOYAGE*, this is a two-day adventure into expansion of consciousness by gentle increments so that states of profound relaxation, deep contemplation, and communication with the higher self and with nonphysical energies may be experienced. Important per-

sonal revelations are commonplace during an *EXCURSION* workshop. Specifically designed tapes with the Hemi-Sync technology form the core of *EXCURSION*, together with explanation, discussion, and supportive group interaction.

With expanded applications of Hemi-Sync technology, the two-day *HUMAN PLUS* workshop was added to the *OUTREACH* program. This workshop, also built around Hemi-Sync tapes, enables greater personal control over mental, emotional, and physical well-being. It teaches skills for relaxation,

concentration, memory, pain control, maintenance of physical health, creativity, release of negative emotion, and much more. The emphasis is on learning practical tools to use in daily life.

These workshops, along with others designed to provide Hemi-Sync support for a wide variety of interests and personal goals, are offered throughout the United States and in other parts of the world by accredited *OUTREACH* Trainers. To learn more about *OUTREACH* workshops, contact one of the *OUTREACH* Trainers listed below.

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